



# CONNECTION



## 6 TIPS FOR TRAVELING WITH MEDICATION; YOU SHOULD KNOW HOW TO PACK AND STORE IT

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# AUGUST



1. **Don't underestimate.** Pack more than you think you'll need for the days you expect to be away, just in case you experience travel delays.
2. **Keep meds in original containers.** Make sure the label on the prescription bottle matches the name on your tickets and other travel documents.
3. **Carry drugs with you.** Lost luggage is not uncommon. Instead of packing your medicine in your checked luggage, put it in your carry-on bag. Place bottles in a separate, clear bag for easy inspection by the airport security personnel.
4. **Get supporting documents.** Ask your doctor for a letter explaining the medication you are taking, syringes and any other medical items you require for treatment.
5. **Don't leave meds in a hot car.** Exposure to extreme temperatures, whether hot or cold, can cause medication to degrade and lose effectiveness.
6. **Store medication properly.** Cool, dark places are ideal. Medication that needs to be refrigerated can be placed in small

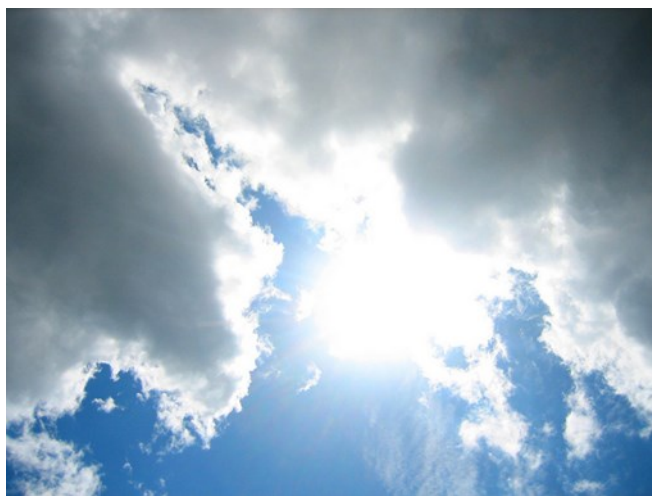
## EXERCISE OF THE MONTH

1. Strengthen your lower back and buttocks with back leg raises. Stand behind a sturdy chair, holding on for balance. Breathe in slowly.
2. Breathe out and slowly lift one leg straight back without bending your knee or pointing your toes. Try not to lean forward. The leg you are standing on should be slightly bent.
3. Hold position for 1 second.
4. Breathe in as you slowly lower your leg.
5. Repeat 10 to 15 times.
6. Repeat 10 to 15 times with other leg.
7. Repeat 10 to 15 more times with each leg.

## Is vitamin D supplementation necessary?

By Drew Schelling, registered dietitian nutritionist

There's a lot of misinformation about nutrition on the Internet these days. For this reason, many people may find it difficult to locate correct information on vitamin D supplementation. There is a large body of evidence and reasoning for recommending vitamin D supplementation, because vitamin D deficiency can be common. However, before considering supplementation, it is important to consult with your doctor or registered dietitian.



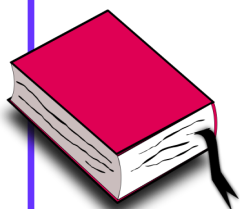
Few foods naturally have vitamin D in them. However, many fortified foods provide most of the vitamin D in American diets. Strong sources of vitamin D include: salmon, tuna, milk (fortified w/400 UI), mushrooms, many breakfast cereals, and some brands of orange juice, yogurt, margarine, and soy beverages (always check labels). You can also get vitamin D if your skin is directly exposed to the sun. Most Americans can meet at least some of their vitamin D needs this way, but it is always important to be mindful of sun exposure as skin cancer risk may increase.

Older adults are at risk for deficiency. As you age, you lose the efficiency of absorbing vitamin D and converting it to its active form. People with dark skin are also at risk, because they produce less vitamin D from the sun, and for this reason they may need more time in the sun. Lastly, obese individuals are at risk because their body fat may bind to some vitamin D and prevent its absorption.

The amount of vitamin D you need each day will depend on your age, life stage, and many other health factors. Average daily recommended amounts from the Food and Nutrition Board (a national group of experts) can be found at National Institute of Health Office of Dietary Supplements Website. This website can also offer some additional answers on supplementation. The National Institute of Health: Office of Dietary Supplements link can be accessed at <https://ods.od.nih.gov>

**“YOU CAN NEVER GET A  
CUP OF TEA LARGE  
ENOUGH OR A BOOK LONG  
ENOUGH TO SUIT ME.”**

**-C.S. Lewis**



## Asian Chicken Quinoa Salad Recipe



**Total: 35 min**

**Prep: 15 min**

**Cook: 20 min**

**Yield: 4 servings**

### INGREDIENTS:

½ cup of quinoa  
 4 teaspoons vegetable oil  
 1 teaspoon grated ginger  
 3 scallions, whites and greens sliced  
 1 clove garlic, grated  
 ¼ cup fresh lemon juice (about 2 lemons)  
 2 ½ tablespoons low-sodium soy sauce  
 2 teaspoons toasted sesame oil  
 1 ½ cups shredded white meat rotisserie chicken, skin and bones removed (about 5 ounces)  
 1 ½ cups finely shredded cabbage (such as napa, red, green or a combination)  
 1 cup thinly sliced (size of a matchstick) carrots (about 2 carrots)  
 1 cup sugar snap peas, sliced on the bias

Cook the quinoa according to package directions, set aside to cool.

Heat the vegetable oil in a small saucepan over medium heat. When the oil is hot, add the ginger, scallions and garlic. Immediately turn off the heat and stir. Let cool slightly for a few minutes, then whisk in the lemon juice, soy sauce and sesame oil.

Put the cooked quinoa, chicken, cabbage, carrots and peas in a mixing bowl. Add the dressing and toss. Sprinkle with sesame seeds. Keep refrigerated in an air-tight container for up to 3 days.

### Prep and cook food carefully in summer

*Bacteria multiplies more quickly in warmer weather*

Did you know that the incidence of foodborne illness peaks in the summer? That's because bacteria multiplies faster at warmer temperatures, and preparing food outdoors makes it more difficult to handle food safely.

Here are some helpful tips to keep you safe when picnicking, camping, and cooking away from home this summer:

- **CLEAN:** Washing your hands is the No. 1 way to stay healthy. You can create a temporary hand washing station for around \$20 from any grocery store, by purchasing a water container with a hands-free spigot, soap, and paper towels.
- **SEPARATE:** Prevent cross-contamination between raw meats and finished products. Use clean tongs, spatulas, and cutting boards for raw and cooked items.
- **COOK:** Cook foods all the way through, especially for young children and older adults.
- **CHILL:** Refrigerate leftovers promptly. It can take less than an hour for food to become unsafe if left outside when it's 90°F. Certain bacteria, such as *Clostridium perfringens* (C. perf), can produce heat-stable toxins and spores, which are not killed by cooking or reheating. C. perf is one of the top-three causes of foodborne illness, and is associated with improperly temperature-controlled meats.



The "Clean, Separate, Cook, Chill" campaign was created by the USDA, and provided by Garfield County Public Health.

## FARMERS MARKETS

If you are interested in hosting a birthday party or special event during lunch at a meal site, contact Debby Sutherland ext. 3084 or Barbara Peterson, ext. 3005, for more information.

Our birthday list is compiled from completed 2018 consumer assessments.

Please accept our apology if we missed your birthday. If you want to complete an assessment, please see Judy, Barbara or Debby for a form.

Thanks to everyone who turned in their 2018 assessments.

We wish each of you a very happy birthday and



Carbondale	Wednesdays, August 1 through September 26 10 a.m. - 3 p.m. at the 4th Street Plaza
Glenwood	Tuesdays, August 7 through September 11, at Centennial Park 9th and Grand, 4-8 p.m., and Saturday, 1521 Grand Ave, Glenwood Springs High School parking lot on Aspen side, July 7-Oct. 27
New Castle	Thursdays, August 2 to September 13, Burning Mountain Park on Main Street, 4:30 to 7:30 p.m.
Osage Gardens	Wednesday - Friday 11 a.m. - 6 p.m.; Sat/Sun, 9 a.m. - 5 p.m. 36730 River Frontage Road, New Castle
Rifle	Fridays, August 3 through September 7, 4 – 8 p.m. at Heinze Park, 612 Railroad Ave. The market will have a different band every Friday.

**Double Up food dollars is available at New Castle, Tuesday in Glenwood and Rifle Farmers markets with your EBT card. (Snaps/Food Stamps)**

## AUGUST BIRTHDAYS

Emma Blanc  
Eva Bowman  
John Breckenridge  
Merle Brown  
Ed Burkland  
Sandy Burns  
Rusty Burtard  
Brenda Caywood  
Charles Cossins  
Dick Cowling  
Dave Devanney  
Bert Dever  
Jean Edmonds  
Gary Escary  
Billie Gerbi  
Grace Gibson  
James Gisburne  
Catherine Gonzales  
Laura Goodwin  
Judy Gordon  
Dallas Groves  
Zona Hays

Yvonne Henderson  
Marianne Jackson  
Will Johnson  
Harley Jones  
Mona Katze  
Nelda Kornasiewicz  
Alice Letang  
Ann Lundin  
Jim Meeker  
Gertrudis Mena  
Lillian Mills  
Mary Miracle  
Joan Morse  
Janet Mulhall  
Jolynn Murray  
Steve Olson  
Anne Ostrove  
Rosana Palacios  
Barbara Peterson  
Jeremy Pfauth  
Cora Pipkins  
Alvin Pound

Rex Randall  
Elizabeth Rasic  
Jennifer Richardson  
Edna Sample  
Jan Senne  
John Shettel  
Thomas Spellman  
Dwight Spies  
Emily Spurgeon  
Dolores Stutsman  
John Wheeler  
Margaret Wierenga  
Ellie Wood



## UPCOMING EVENTS

### August 1

- Summer of Music at Two Rivers Park in Glenwood, 6:30 p.m. Opening is Alexis, and followed by Grant Farm.

### August 1, 2, 3, 4, 5

Garfield County Fair and Rodeo. Extreme Bulls, Pro Rodeo and Veterans night, Jon Pardi concert **8/3**, Demolition Derby, Monster Truck Show, Carnival, Parade Saturday 10 a.m. Check webpage [www.garfieldcountyfair.com](http://www.garfieldcountyfair.com) for more information on activities, times and to buy tickets.

### August 2, 9, 16, 23

Wild West Rodeo in Carbondale at the Gus Darien Arena. Gates open at 5:30 p.m. and tickets are \$10.

### August 2, 9, 16, 27, 30

- Glenwood Vaudeville will have A Special Event Interactive Silent Movie "The Great K & A Train Robbery" at 6:30 p.m. Tickets are \$5 for adults. Call 945-9699 for tickets or more information.

### August 3

- First Friday, downtown Carbondale, 4th Street Plaza. Live music, 5 to 8 p.m.
- First Friday, downtown Rifle at Midland Arts Company. Light snacks, 5 –7 p.m.

### August 4, 5, 10, 11, 17, 18, 25, 26

- Glenwood Vaudeville will have A Special event Interactive Silent Movie "The Great K & A Train Robbery" at 1:30 p.m. Tickets are \$5 for adults. Call 945-9699 for tickets or more information.

### August 3, 10, 18, 25

- Glenwood Adventure Park Friday Afternoon Club, 5 - 8:30 p.m. Free tram ride with a coupon from the Post Independent after 4 p.m. **8/3** Frank Martin, **8/10** Campbell & Campbell. Music on The Mountain: Bring a can for a free tram ride to donate to Lift-Up after 4 p.m. **8/18** the band Fifty50, **8/25** Defiance String Band & Hell Roaring String Band.

### August 10

- Free Senior Music Jam at the First Baptist Church in Silt, 632 Grand Ave, 7 - 9 p.m. Refreshments provided and donations accepted. Call Charlie at 970-876-2493 for more information.

### August 10

- The Ultimate Fleetwood Mac Tribute Show at the Ute Theater in Rifle. 8 p.m. tickets \$28 - \$32. Call 970-665-6569 for info.

### August 10, 11

- Big Summer Block Party in Glenwood. Dancing in the streets with fantastic music line ups. Epic kids area, vendors, food carts and more. 12 - 4 p.m. at 8th and Cooper, Glenwood Springs Library Plaza, Beer Garden. For more information: [www.RoaringForkEvents.com](http://www.RoaringForkEvents.com)

### August 18

- Faith Lutheran Church in Carbondale (south of Main Street on Hwy 133) hosts a free community meal from 11:30 a.m. - 1:30 p.m. For info. call 510-5046.
- Kiwanis Pancake Breakfast, 7-11 a.m., 9th Street between Grand Ave. and Cooper in Glenwood. Nominal fee for the breakfast. All proceeds go toward scholarships.
- Flea Market at Mr. T's in New Castle 9 a.m. 3 p.m.

### August 24

- Riders in the Sky is an American bluegrass, country western and comedy group who will be performing at the Ute Theater in Rifle. 9 p.m. tickets \$40-45. Call 970-665-6569 for more information.

### August 27

- Harvest Your Garden Class includes the basics of canning, 5:30 - 8:30 p.m. at the Carbondale Recreation Center. Fee is \$10. Please register by 8/24. Call 970-510-1290.

### August 28 (All seniors welcome to attend!)

- Garfield Council on Aging meeting in Glenwood, 1402 Blake Ave. 10 -11:30 a.m.

### August 31

- Orpheus Music and Art Festival, Sunlight Mountain Resort in Glenwood. Tickets \$40. To register for passes go to [www.orpheusfest.com](http://www.orpheusfest.com)

## What does adult protection do in Garfield County?

### Answer to page 7 Cities and Towns of Colorado

Adult Protective Services (APS) considers reports from concerned citizens and local agencies regarding the welfare of at-risk adults to see if they meet criteria by the state for assignment to one of the APS case workers. At-risk adults are those individuals, who are 18 years of age or older, and are vulnerable to mistreatment because they can no longer perform or obtain services they need to maintain their health, safety or welfare. They also may lack sufficient understanding or capacity to make or communicate responsible decisions. Some agencies that have concerns for those adults, age 70 or above, are mandated to make reports to law enforcement as well as APS. The areas of mistreatment that APS address are exploitation, caretaker neglect, self-neglect, physical and sexual abuse. If a referral is determined to meet state criteria, then it is assigned as a case to an APS caseworker. The APS caseworker will then meet with the at risk individual, and other interested parties, in hopes of resolving the concerns with perhaps the aid of community resources and law enforcement if necessary.

If you have a concern about an at-risk adult, please call the state hotline number at 844-264-5437 to make a report.

#### **7 LIFT-UP PANTRIES IN THE VALLEY**

**Rifle** – Tuesday and Fridays, open 9 a.m. – 4 p.m., closed from 12 - 1 p.m. First Friday of every month, open 5 - 8 p.m., and third Saturday of every month, open 9 a.m. – 12 p.m. Located at 800 Railroad Ave. in Rifle. Contact number: 625-4888.

**Parachute** – Mondays, Wednesdays and Fridays, open 10 a.m. — 2 p.m. Located at 201 East 1st Street in Parachute. Contact number: 285-0221.

**New Castle** – Wednesdays and Fridays open 9 a.m. to 1 p.m. Located at 126 North 4th Street in New Castle. Contact number: 984-2115.

**Glenwood Springs** – Tuesdays and Fridays open 10:30 a.m. - 12 p.m. Thursdays; 10 a.m. – 3 p.m. Located at 1004 Grand Ave Glenwood Springs. Contact number: 954-2005

**Carbondale** – Mondays, Wednesdays and Fridays, open 10 a.m. – 12:30 p.m. Located at the Third Street Center, 520 South 3rd. Street #35 in Carbondale. Contact number: 963-1778.

**Basalt** – Thursdays open 11 a.m. – 1 p.m. Located at Basalt Community United Methodist Church, 167 Holland Hills Road. Contact number: 970-279-1492.

**Aspen** – Tuesdays, Wednesday and Thursdays open 11 a.m. – 1 p.m.; Wednesday evenings 4 - 6 p.m. Located 465 N Mill Street #18. Contact Number: 970-544-2009.

1. Rocky Ford 2. Meeker 3. Thornton 4. Walzenberg 5. Pueblo 6. Lyons 7. Mesa
8. Byers 9. Broomfield 10. Carbondale 11. Idledale 12. Cripple Creek 13. Evergreen 14. Copper Mountain 15. Silverton 16. Brighton 17. Tiny Town 18. Leadville 19. Westminster
20. Colorado Springs 21. Boulder 22. Lakewood 23. Rangely
24. Holyoke 25. Sterling 26. Eaton 27. Penrose 28. Deer Trail 29. Telluride
30. Gunnison 31. Rifle 32. Littleton 33. Steamboat 34. Vail 35. Loveland
36. Eagle 37. Cañon City 38. Grand Junction 39. Blackhawk 40. Aurora
41. Golden

## DO YOU KNOW CITIES AND TOWNS OF COLORADO?

1. Stony car \_\_\_\_\_
2. More mild \_\_\_\_\_
3. One-time governor \_\_\_\_\_
4. Dancing city \_\_\_\_\_
5. Indian dwelling \_\_\_\_\_
6. Kings of the jungle \_\_\_\_\_
7. Green table \_\_\_\_\_
8. Not sellers \_\_\_\_\_
9. Long-handled pasture brush \_\_\_\_\_
10. Diamond valley \_\_\_\_\_
11. Lazy valley \_\_\_\_\_
12. Disabled river \_\_\_\_\_
13. Always emerald \_\_\_\_\_
14. Penny uplift \_\_\_\_\_
15. Precious ore and weight \_\_\_\_\_
16. A lighted weight \_\_\_\_\_
17. Wee city \_\_\_\_\_
18. Heavy town \_\_\_\_\_
19. One direction pastor \_\_\_\_\_
20. Red fountains \_\_\_\_\_
21. Large rock \_\_\_\_\_
22. A pond in the forest \_\_\_\_\_
23. Add "ly" to stove \_\_\_\_\_
24. Religious tree \_\_\_\_\_
25. Fine silver \_\_\_\_\_
26. Has had dinner \_\_\_\_\_
27. A prison flower \_\_\_\_\_
28. Path with fawn \_\_\_\_\_
29. Say you didn't walk \_\_\_\_\_
30. A rifle's male child \_\_\_\_\_
31. Portable firearm \_\_\_\_\_
32. Less than 2,240 pounds \_\_\_\_\_
33. Paddle wheeler \_\_\_\_\_
34. Bridal headpiece \_\_\_\_\_
35. Sweetheart ground \_\_\_\_\_
36. Large raptor \_\_\_\_\_
37. Where all the bars are \_\_\_\_\_
38. Magnificent intersection \_\_\_\_\_
39. Dirty bird \_\_\_\_\_
40. Borealis \_\_\_\_\_
41. McDonald's arches \_\_\_\_\_



# ULTIMATE MOVIE WORD SEARCH

K Z S H R E K H Y A W A D E H S U L F E C S X  
 C N I S R E T S N O M S T O B O R K E N Z D A  
 M A M Z I C A R S J C T O Y S T O R Y L E O R  
 B W S T U R B O G P R V Y V D N B W L Y K O O  
 J K T T H E L I O N K I N G S T B U Y P H R L  
 Y W K S R W Z Y T P A D N A P U F G N U K C E  
 G X A Q B O I O L K A L A D D I N E W W S E H  
 V A L L G C B A O I I J H L H E Z P B V L H T  
 Q H Q G L I N O B K L W O A F V F I I P E T B  
 F Q W L M E S U Y S E L B I D E R C N I E H T  
 I T D E S P I C A B L E M E R F A Q E J P C T  
 N K N O M E O A N D J U L I E T N L G I I X E  
 D W V H Y A P O C A H O N T A S K M A V N V E  
 I M S A Y S E L U C R E H Y V A E G E N G W F  
 N A E W P U S S I N B O O T S L N E C D B G Y  
 G E G N C E M E G A M I N D P P W K I L E O P  
 N R A C S A G A D A M S Y G S J E A O M A N P  
 E I L W R E C K I T R A L P H N E M B T U P A  
 M E V A R B D O G J W Z R C A Z N Z I Y T Y H  
 O G T W K F S N O W W H I T E B I A Q U Y Y B  
 N H K K F M H S G D H M O N S T E R H O U S E  
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 R O F V C K C C R A L P H A A N D O M E G A M

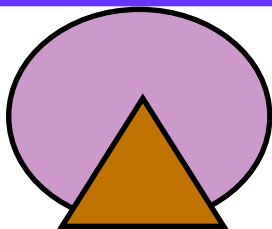
A BUGS LIFE  
 ALADDIN  
 ALPHA AND OMEGA  
 ASTRO BOY  
 BOLT  
 BRAVE  
 CARS  
 DESPICABLE ME  
 EPIC  
 FINDING NEMO  
 FLUSHED AWAY

FRANKENWEENIE  
 HAPPY FEET  
 HERCULES  
 ICE AGE  
 KNOX AND JULIET  
 KUNG FU PANDA  
 MADAGASCAR  
 MEGAMIND  
 MONSTER HOUSE  
 MONSTERS INC  
 PARANORMAN

PLANES  
 POCAHONTAS  
 PUSS IN BOOTS  
 RIO  
 ROBOTS  
 SHREK  
 SLEEPING BEAUTY  
 SNOW WHITE  
 THE CROODS  
 THE INCREDIBLES  
 THE LION KING

THE LORAX  
 TOY STORY  
 TURBO  
 UP  
 WALL-E  
 WRECK IT RALPH

## GARFIELD COUNTY SENIOR LUNCH PROGRAMS



*Menus for all locations are provided monthly and are available at the nutrition meal sites or [www.Garfield-County.com](http://www.Garfield-County.com) (Seniors). Come see what you have been missing and have lunch with friends.*

*For those age 60 and older the recommended voluntary contribution for each meal is \$3. Participants are encouraged to pay as they are able; guest fees are \$9.50 for those under the age of 60, with local fund subsidy. Meal tickets are available -10 meals for \$30.*

**Program benefits:**

*Good nutrition, balanced diet, remaining in your home, restoring and maintaining good health, contact with friends.*

**Monday and Thursday – Sunnyside Retirement Center** in Glenwood Springs, 601 21st Street (limited seating) in lunch room. Call 665-0041 for reservations

**Monday – New Castle Senior Housing, Community Room**  
201 Castle Valley Boulevard. Call 665-0041 by Thursday for reservations. (limited seating)

**Tuesday and Friday – Glenwood Springs CMC in the Lucy Huntley Room**  
1402 Blake Ave. Call 945-9117 for reservations.

**Tuesday, Thursday, and Friday – Rifle Senior Center**  
50 Ute Ave. Call 665-6540 for reservations.

**Wednesday – Silt Colorado Fire and Rescue (Silt Fire Station)**  
611 Main Street. Call 665-6540 for reservations.

**Wednesday – Carbondale Senior Housing in the Rominger Room**  
11250 Hendrick Drive. Call 945-9117 for reservations.

**Wednesday – Parachute Valley Senior Center**  
540 N Parachute Ave. Call 285-7216 ( Monday's only before noon) for reservations.

**Reservations and Cancellations:** *To provide you with the best dining experience, please call and place reservations by **noon** 24 hours in advance of attending the meal site or to cancel your reservation. Please call 970-665-0041, if you have questions about attending or where meal sites are located.*



BBQ PICTURES



## BBQ PICTURES



BBQ PICTURES



## BBQ PICTURES



## YEAR END STATS

Senior Programs is starting its 10th year on July 1, 2018. We so appreciate all the help and guidance our Senior Programs Advisory Board, Garfield County Board of County Commissioners, and the Garfield County Council on Aging have provided to us, as well as the feedback we received from our meal attendees, Traveler riders and Well & Wise class participants. We have amazing volunteers who work on mailings, run our meal sites, teach our Well & Wise Classes, and fill in when requested; we would be lost without them. Thank you for utilizing our programs and caring so much about them.

### SENIOR PROGRAM STATISTICS

July 1, 2017 - June 30, 2018

### NUTRITION PROGRAM

Sites	Serving Days/Wk	# Served/Year	Undup Clients*	Avg # meals	Donations Rec'd.	Avg \$/Per Meal**
Carbondale	W	1241	86	23	\$ 1,170.50	\$ 0.89
Sunnyside	M/TH	2199	70	22	\$ 6,408.52	\$ 3.79
Chat 'n Chew	T/F	1674	177	17	\$ 2,256.00	\$ 1.17
New Castle	M	734	72	15	\$ 981.00	\$ 1.17
Silt	W	2477	184	47	\$ 4,438.11	\$ 1.74
Rifle	T/TH/F	7918	473	54	\$ 13,387.81	\$ 1.67
Parachute	W	3140	200	61	\$ 3,793.75	\$ 1.17
Volunteer Banquet	S	113	113			
Overall	M-F	19496	1010	34	\$ 32,435.69	\$ 1.66

**1,010 persons ate at our Nutrition Program in the year.**

### TRANSPORTATION PROGRAM

Municipality	# Rides	Traveler Income	Amount
Carbondale	248	Rider Donations	\$ 10,969.13
Glenwood Springs	3,827	Outside Donations	\$ 2,338.00
New Castle	375	Mt. Valley Develop.	\$12,585.00
Silt	394	Total Donations	\$ 25,892.13
Rifle	3,865		
Rural Garfield Cnty/Bmesa	3,150		
Mt. Valley Developmental	2,608		
<b>TOTAL</b>	<b>14,467</b>		

**354 persons are current Traveler riders**

## SENIOR PROGRAM STATISTICS

July 1, 2017 - June 30, 2018

## WELLL &amp; WISE PROGRAM

	Tai Chi	N' Balance	MOB	CM	Totals
# of Classes	20	5	1	4	30
Class Participants	254	51	11	43	359
Class Graduates	110	44	not complete	30	184
# of Instructors	6	2	5	3	10 instructors
MOB = Matter of Balance CM = Cooking Matters					
<b>202 persons took classes this year</b> Debby Sutherland trained 6 new Matter of Balance Coaches this year.					

**Well & Wise upcoming classes:**

Tai Chi in Silt beginning in September.

N' Balance Class beginning in September in Glenwood.

Cooking Matters in the November location to be determined.

N' Balance and Tai Chi at Grand Valley Rec Center in Battlement Mesa.

Call Jennifer to sign up for classes in Battlement Mesa 970-589-2884.

To sign up for the upcoming classes call Debby Sutherland 970-945-9191 ext.3084 or email: [dsutherland@garfield-county.com](mailto:dsutherland@garfield-county.com). You can also sign up and get your name on the list for future classes, Matter of Balance, Tai Chi, N' Balance, and Cooking Matters classes in your area by calling Debby.





## OUR MISSION

The mission of Senior Programs is to enable independence, dignity, health and nutritional well-being of seniors and people with disabilities living in Garfield County.

We're on the web at [www.garfield-county.com](http://www.garfield-county.com)

**2-1-1**



is a free,  
confidential information  
referral service connecting  
people in need to local  
community resources via the  
phone, web or app.

### Other county emails:

#### Eagle County

[www.eaglecounty.us/ public health](http://www.eaglecounty.us/publichealth)

#### Pitkin County Senior

Newsletter and lunch menu

### High Country RSVP

Patty Daniells, Director

970-947-8461

Mary Moon, Vol. Coordinator

970-947-8462

### Helping Hands

970-384-8746

### Tax Program

970-9451596

### Medicare Counseling

970-384-8744

### AARP Driver Safety Classes

970-384-8747

[www.highcountrysrsv.org](http://www.highcountrysrsv.org)

### Senior Matters

Diane Johnson 970-306-2587

John Hoffman 970-230-2158

## Garfield County Senior Program Staff

**Judy Martin**, Senior Program Manager, cell (970) 456-2295  
970-945-9191, extension 3061, [jumartin@garfield-county.com](mailto:jumartin@garfield-county.com)

**Debby Sutherland**, Senior Program Coordinator  
970-945-9191, extension 3084, [dsutherland@garfield-county.com](mailto:dsutherland@garfield-county.com)

**Barbara Peterson**, Senior Services Aide  
945-9191 extension 3005, [bpeterson@garfield-county.com](mailto:bpeterson@garfield-county.com)

**Drew Schelling**, Registered Dietitian  
970-625-5200, extension 2036, [dschelling@garfield-county.com](mailto:dschelling@garfield-county.com)

**Traveler (970) 945-9117 or (970) 625-1366**  
**Nutrition Program (970) 665-0041**



### Well & Wise Exercise Programs:

If you are interested in an exercise program, Matter of Balance, Tai Chi, N' Balance, or Cooking Matters, please call Debby at 970-945-9191, ext. 3084, to reserve your spot.

**If you are interested in becoming a volunteer at one of our 7 meal sites just give us a call Debby at 945-9191 ext.3084 or Barbara ext. 3005.** Volunteers who will not be able to volunteer at the meal site because they are sick or on vacation, should call Debby 945-9191, ext. 3084, or Barbara 945-9191, ext.3005, to let them know.

## Senior Centers

### Rifle Senior Center

Tami Sours

970-665-6540

Bingo, Bunco, Pinochle,  
Dinner in the Valley,  
Concerts

Call to join us.

### Valley Senior Center in Parachute

970-285-7216 or Cheryl

970-285-9755

to play pinochle.



Help us reduce our use of paper. Subscribe to our monthly newsletter and our monthly menu or read them online, please visit [www.garfield-county.com](http://www.garfield-county.com) and choose "Seniors." Call Judy to get added to email list 970-945-9191 ext. 3061.